

NORTH JEFFCO FEBRUARY MEET

February 20 - 21, 2010

Sanction: Held under the sanction of Colorado Swimming, Inc., USA Sanction # 2010-020

Facilities and Location: George Meyers Pool., 7900 Carr Drive, Arvada, CO 80005

Elevation 5300',

25 yard indoor pool, 10 lane, 25 yard course, 8 lane continuous warm-up/down in shallow end of the pool.

Colorado Timing System with 10 lane scoreboard, electronic touch pads will be used.

The competition course has been certified in accordance with 104.2.2C (4).

The copy of such certification is on file with USA Swimming.

Eligibility: Open to all swimmers holding a 2010 USA Swimming membership cards. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply of \$27.00 plus the normal registration fee". Swimmers within the 120 day transfer period must swim unattached.

Events are timed finals for all swimmers. There will be positive check in for the 400IM, 500 free, and 1650free. Positive check in for the 400IM and 500 free will end 30 min after the start of warm up. The 1650 will be run Fastest to Slowest alternating girls and boys. Swimmers entered in the 1650 must provide their own timers and counters. Relays must be declared 30min before the estimated start of each relay.

Event Limit: 4 individual events per day and 2 relays

Tentative Start Times:

Saturday, February 21-22 (Open Session)

Session 1&3: warm-up 7:30-8:30am – 8:40am start

Sunday, February 21-22 (12&U Session)

Session 2&4: 1:00-2:00 PM Warm-up 2:10pm Start

Entry Procedures: The meet will be **LIMITED** to fit within the 4 hour rule. E-mail and postal entries will be accepted in the order they are received. Once the 4 hour time line has been reached no further entries will be accepted. No team will be split unless they express that desire. All meet entries should be submitted on disk using Hy-Tek software, along with a printout of swimmers and events. Meet verification form must accompany entries. Out of state swimmers should provide master sheets if unable to present entries using Hy-Tek. EVENT TEMPLATE for TM and MM will be posted on the CSI web site.

Entry Fees: \$4.00 per individual event
\$5.00 per relay
\$5.00 pool surcharge per swimmer
\$0.60 of every individual event goes to the CSI Support Fund.
Make one check payable to the North Jeffco Swim Team.

Send Meet Entries To:

Attn: Cindy Pacheco,

North Jeffco Swim Team

P.O. Box 746396, Arvada, CO 80006

Questions can be addressed to: kandc30@aol.com or 303-420-5770.

Entry Deadline: Meet entries must be received by the entry chairman no later than **Tuesday, February 2, 2010**. Entries received after February 2nd will be accepted only if accompanied by a \$5.00 late fee per event. Late entries accepted during the meet will be charged \$5.00 per event and seeded only in open lanes if available. Late entries must be prepared to show proof of registration.

Meet Director: Cindy Pacheco

Meet Referee: Jean O'Kane, email jeanokane@comcast.net or Designee

Safety Chairman: Carmen Babcock.

Awards : ribbons will be awarded to 8&U and 9-10 &11-12 for places 1-8,

Programs/Results: Programs will be available for \$3.00 each.

Last Chance Table

NJST will have a table set up near the clerk of course to accept last chance entries for the silver state and senior state meet the following weekend. Only events not previously qualified for the silver state and senior state meets will be accepted. Checks for last chance entries should be written to Colorado Swimming Inc.

Special Information: No smoking, chewing tobacco, drugs, or drinking of alcoholic beverages allowed in the building. Any damage to pool property will be grounds for dismissal from the meet. All coaches, parents and athletes are reminded that the swimming venue may have areas where additional care needs to be observed.

Warm-up Procedures: CSI warm-up procedures will be followed, swimmers must use the 3 point entry except for racing start entry during the designated time period in the designated lanes. Each coach will be responsible for the monitoring of their swimmers during warm-up. Starts will be in the two outside lanes at the time announced by the announcer. Swimmers must enter the pool feet first except during starts. Marshals will monitor the pool during warm-up and competition. Swimmers must enter the warm-up/warm-down lane from the seated position, no jumping.

Rules: Current USA Swimming rules will govern the procedures of this meet. Age as of the first day of competition will determine a swimmer's age group. If a swimmer attends the meet without his/her coach, the athlete must notify the meet referee immediately upon arrival at the meet. The meet referee will have the final authority on the conduct of the meet. In addition, at the referees discretion, individual events may be combined by age, sex and/or distance. This meet will be preseeded. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. No exhibition swimming will be allowed. Delay of meet penalty will be enforced according to rule 102.14.7.

Coaches/Officials: All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches and officials not in compliance will not be allowed on deck. There will be a coaches meeting at 7:25AM on Saturday morning.

Concessions: There will be concessions available during all sessions of the meet.

Session 1 – Saturday AM		
Warm up 7:30-8:30 / Start 8:40am		
Girls	Event	Boys
1	200 medley relay	2
3	14&U 200 Free	4
5	Open 200 Free	6
7	14&U 100 Breast	8
9	Open 100 Breast	10
11	14&U 200 Back	12
13	Open 200 Back	14
15	14&U 50 Free	16
17	Open 50 Free	18
19	14&U 200 Fly	20
21	Open 200 Fly	22
23	Open 500 Free	24
25	800 Free Relay	26

Session 2 – Saturday PM		
Warm up 1-2:00 / Start 2:10pm		
Girls	Event	Boys
27	12&U 400 IM	28
29	8&U 100 medley relay	30
31	12&U 200 medley relay	32
33	12&U 200 breast	34
35	8&U 25 breast	36
37	12&U 100 Fly	38
39	8&U 50 Fly	40
41	12&U 50 breast	42
43	12&U 200 back	44
45	8&U 25 back	46
47	12&U 100 Free	48
49	8&U 25 Free	50
51	12&U 50 back	52
53	12&U 200 IM	54
55	8&U 100 IM	56
57	12&U 100 IM	58

Session 3 – Sunday AM		
Warm up 7:30-8:30 / Start 8:40am		
Girls	Event	Boys
59	200 medley relay	60
61	14&U 100 Fly	62
63	Open 100 Fly	64
65	14&U 200 IM	66
67	Open 200 IM	68
69	14&U 100 Back	70
71	Open 100 Back	72
73	14&U 200 Breast	74
75	Open 200 Breast	76
77	14&U 100 Free	78
79	Open 100 Free	80
81	Open 400 IM	82
83	Open 1650	84

Session 4 – Sunday PM		
Warm up 1-2:00 / Start 2pm		
Girls	Event	Boys
85	12&U 500 free	86
87	8&U 100 free relay	88
89	12&U 200 free relay	90
91	12&U 100 Back	92
93	8&U 50 Back	94
95	12&U 100 Breast	96
97	8&U 50 Breast	98
99	12&U 50 fly	100
101	12&U 200 free	102
103	8&U 100 free	104
105	12&U 200 fly	106
107	8&U 25 Fly	108
109	12&U 50 free	110
111	8&U 50 free	120